




# WOMENFEST

A Health & Wellness Event for Women 

The 9th Annual Howard County WomenFest

Saturday, April 29, 2017

10:00 am - 3:00 pm

Gary J. Arthur  
Community Center at Glenwood  
Cooksville, Maryland



Howard County Office on  
**Aging and Independence**



Howard County Office on  
**HC Aging and Independence**

# WOMENFEST

A Health & Wellness Event for Women

Welcome to the 9<sup>th</sup> annual WOMENFEST, an event designed to inspire you to live a more balanced, healthy and fulfilled life! Building on the success of previous years, we've planned an interactive day geared toward women of all ages. New this year is 10 minutes of Beauty Empowerment by Beauty Expert Ariel Lewis! Visit her in the lobby for a chance to participate in a live Q & A with demonstrations!

We would like to thank everyone who helped to make the 2017 WomenFest a success by sharing their time, expertise, talents and resources. Without the support and generosity of so many wonderful people, businesses and community partners, this event would not be possible.

Thank you for attending and taking the initiative to live a more balanced, healthy and fulfilled life!

## EVENT COMMITTEE

Courtney Barkley, CHAIR  
Phyllis Braxton  
Torry Brecht  
Cathy Burkett  
Lisa Brusio Coster  
Jeannie DeCray  
Chris Ferraro  
Kim Henry

Michelle Henry  
Karen Hull  
Regina Jenkins, CO-CHAIR  
Jennifer Lee  
Lisa Madera  
Trish Olsen  
Amy Spanier  
Donna Tugwell  
Darlene Vaselaros

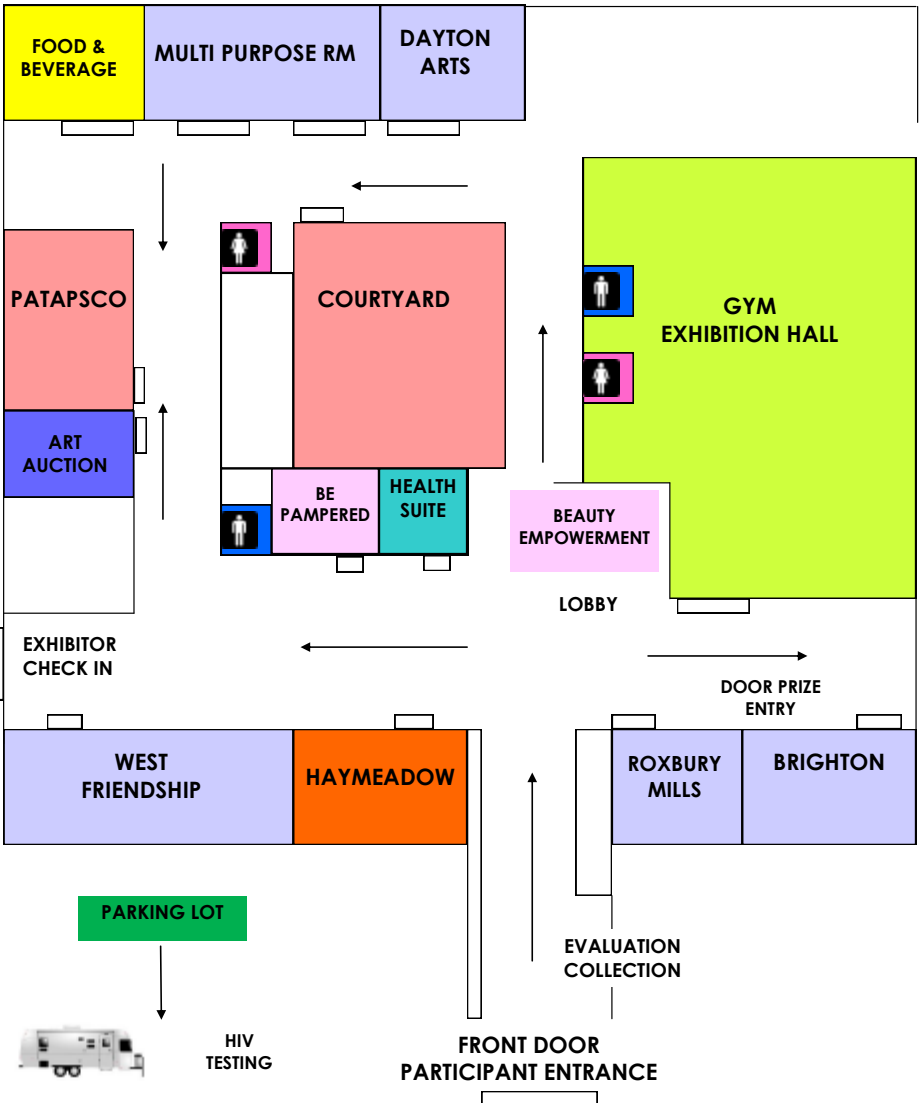
## Chinese, Korean and Spanish Translators

— Available On-Site 10:30 a.m. to 12:30 p.m. —

## American Sign Language Interpreters

— Available On-Site 10 a.m. to 3 p.m. —

## GARY J. ARTHUR COMMUNITY CENTER AT GLENWOOD



## GUEST APPEARANCE

**11:00 AM – 1:00 PM**  
**ABC2 BOOTH**

MEET AND GREET

**Ashley James!**

ABC2 NEWS ANCHOR

Ashley will be greeting fans and signing autographs and would be happy to sign your program below...



## SEMINARS • WORKSHOPS • DEMOS

**11:00 a.m. – 12:00 noon • Multi-Purpose III**

**BE CURRENT AND CLUTTER FREE**

Join a staging and decorating professional as she walks you through the steps to update your look and declutter your surroundings creating a new and peaceful space.

*Vickie Williams • House to Home*

**11:00 a.m. – 12:00 noon • Brighton**

**BE EMPOWERED**

Need a little help pushing yourself to the next level in your personal or professional life? Join this information-packed seminar focusing on empowering yourself and getting to where you want to be in life.

*Julie Reisler, MA, ACC, CPT • Empowered Living, LLC*

**1:00 to 2:00 p.m. • Dayton Arts**

**BE CALM**

Treat your senses at this workshop and explore aromatherapy and essential oils; see how you can easily incorporate them into your life and create your own personal spray mist.

*Lindsey Wiedel and Dana Wiedel • Everyone Connect Outside*

## 1:00 to 2:00 p.m. • Multi-Purpose III

### BE AWARE

Scams are a fact of life. Learn how to stay safe when shopping, banking, and connecting with friends on-line.

*Beth Silverman • Howard County Office of Consumer Protection*

## 1:00 to 2:00 p.m. • Brighton

### BE INFORMED

Get educated about this epidemic. From painkillers to heroin, opioid addiction is everywhere; learn how it is impacting families from someone who has walked this path. Know the signs, get support, and just maybe, help save a life.

*Jimena Ryan • S.O.U.L (Surviving Our Ultimate Lost)*

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## COOKING DEMONSTRATIONS

*Meet Chef Taueret Thomas from Khepera's Kitchen*

**12:15 to 12:45 p.m.**  
**SPRING INTO SOUPS!**

**2:00 to 2:30 p.m.**  
**COOKING WITH QUINOA!**

Both Demos will be held in West Friendship



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## FITNESS DEMOS

**10:45 – 11:00 a.m.**  
**LINE DANCING**

*Presented by the  
Jessie Soul Line Dancers*

**12:00 noon to 12:30 p.m.**  
**DRUMS ALIVE EXERCISE**

*Presented by  
Barbara Kendrick*

Both Demos will be held in Roxbury Mills



**NEW FOR 2017!**

**Beauty Empowerment**  
**10:00 a.m. – 3:00 p.m.**  
**Front Lobby**



**Ariel Lewis**

**Owner/Lead Makeup Artist**

Beauty expert Ariel Lewis joins WOMENFEST to give YOU 10 minutes of Beauty Empowerment! Visit her in the lobby for a chance to participate in a live Q & A with demonstrations on stage!

### **About Ariel**

Over the course of her professional career, Ariel has trained with some of the top celebrity makeup artists in the world. She attributes her signature "timeless" style to her most influential tutors over the years. The list includes Bobbi Brown (of Bobbi Brown cosmetics) and Gucci Westman (Natalie Portman's makeup artist).

Ariel has been a makeup artist for over 13 years. She started her career and passion for makeup while attending college to become a Speech Language Pathologist (SLP). Ariel Lewis quit her profession as a SLP in 2011 to become a stay-at-home mom. Shortly after her daughter was born, she launched her first on-site beauty company, Airbrush Makeup by Ariel ([www.ariellewis.com](http://www.ariellewis.com)).

She has since launched a second company called the A-List ([www.alist.team](http://www.alist.team)) and has grown her staff to include 50 makeup and hair stylists. Ariel is a regular beauty expert on Fox45 and WBAL Channel 11 News in Baltimore. She has been featured in The Baltimore Business Journal as a female entrepreneur on the rise. Her work has been published in national magazines and commercials. Ariel's Howard County-based companies have worked with celebrities, politicians, brides, and their favorite clients: everyday women who need a moment to themselves for a little self love and beauty boost!





## **SCREENINGS AND WELLNESS EDUCATION**

Screenings are conducted in the  
Exhibition Hall and Hallways throughout the day

### **BODY MASS INDEX**

Howard County General Hospital

### **BREAST HEALTH EDUCATION**

University of Maryland  
School of Nursing

### **DIABETES EDUCATION**

University of Maryland  
School of Nursing

### **GENERAL HEALTH EDUCATION**

Howard County Health Department

### **HEARING SCREENING**

Advanced Hearing Group

### **HIV TESTING**

Howard County Health Department

### **LIPID PANEL AND GLUCOSE SCREENING**

Mobile Health Care Plus LLC

### **NUTRITION COUNSELING**

Rona Martiyan, Registered Dietitian

### **OSTEOPOROSIS SCREENING**

American Radiology Services

### **SPINAL SCREENING**

1st Choice Chiropractic Center

### **TEMPORAL MANDIBULAR JOINT DYSFUNCTION SCREENING**

Howard County Smiles

### **VISUAL ACUITY SCREENING AND GLAUCOMA SCREENING**

Maryland Society for Sight

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## **COMPLIMENTARY SERVICES**

Complimentary services will be provided throughout the day

### **CHINESE PULSE DIAGNOSIS**

Dr. Park Acupuncture (at booth in Gym)

### **SEATED MASSESSES**

Living Wellness (at booth in Gym)

### **WAXING SERVICES (CHIN, LIP AND EYEBROWS)**

The Massage Boutique Spa (in the BE PAMPERED room)

## ▼ EVENT PARTNER AND SPOTLIGHT SPONSORS ▼



## ▼ PREMIER LEVEL SPONSORS ▼



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Columbia Medical Supply



DIGESTIVE DISEASE ASSOCIATES



## IN KIND, MEDIA AND TRANSPORTATION SPONSORS





# *Art with A Purpose* **ARTWORK BY LOCAL SENIORS**

## **SILENT AUCTION • GAME ROOM**

Don't miss this beautiful and original art collection,  
created by local talent and open for bid in the game room.

Half the proceeds from the auction benefits the Vivian L. Reid Community Fund for Older Adults and half is invested back into 50+ Center programs. Thank you for your support!

### **VIVIAN L. REID COMMUNITY FUND**

The Vivian L. Reid Community Fund was created in 1995 to honor the memory of the Office on Aging and Independence's first administrator. The fund provides emergency financial assistance to older adults and adults with disabilities in Howard County whose needs are essential and generally not covered by Medicare and Medical Assistance.



Donations to the Reid Fund qualify as deductible contributions under Section 170(c)(1) of the IRS Code. If you'd like to designate the Vivian L. Reid Fund as part of your annual giving, contact MAP at 410-313-1234 or via email [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

**Welcome to the Gary J. Arthur Community Center at Glenwood!**

## **We hope you enjoy WomenFest!**

We invite you to join us soon at the Glenwood 50+ Center to enjoy the many engaging programs and fun activities we offer.

**Regina Jenkins AND Cathy Burkett**

DIRECTOR

ASST. DIRECTOR

### **Glenwood 50+ Center Hours of Operation**

**MONDAY thru FRIDAY • 8:30 AM - 4:30 PM**

[glenwood50@howardcountymd.gov](mailto:glenwood50@howardcountymd.gov) • [www.glenwoodsiorcenter.org](http://www.glenwoodsiorcenter.org)



Howard County Office on

**Aging and Independence**

**410-313-5440**

## 2017 VENDORS AND EXHIBITORS

1st Choice Chiropractic Center

### **ABC2**

Advanced Hearing Group

American Foundation for Suicide Prevention

### **American Radiology Services**

Anokhee Styles

### **Anti-Aging & Longevity Institute**

### **Ariel Lewis, LLC**

Arise Infusion Therapy Services

Bath Fitter

Bath Planet of Baltimore

Bell Center for Anxiety and Depression

BFabricArt

BQuest Beadz

Candlelight Concert Society

### **Center for Vein Restoration**

### **Chesapeake Urology Women's Services Program**

ClearCaptions

Clifton Dance Sport

Coldwell Banker Residential Brokerage

Columbia Association

### **Columbia Medical Supply**

Community Action Council  
of Howard County

Cruise Planners

Cultural Links Boutique

Della's Closet

### **Digestive Disease Associates**

Donate Life Maryland

Dr. Park Acupuncture

Enrich Your Brain Health

EPIK Home Group of

Keller Williams Realty Centre

Family Finance

FDA Office of Women's Health

Felinton Elder Law &

Estate Planning Centers

### **Focus on Women Magazine**

Glenwood Acupuncture & Healing Arts

Gutter Helmet by Harry Helmet

GymGuyz

H2O at Home

Handyman Matters

Heartland Home Foods

### **Herl's Bath Solutions, LLC**

HomeCall

Horizon Vascular Specialists

Howard Community College

Howard Commuter Solutions

Howard County Democrats

Howard County Department of  
Community Resources and Services

Howard County Department  
of Social Services

Howard County Fire and Rescue

Howard County General Hospital

Howard County Health Department

### **Howard County NAACP**

Howard County Office  
of Consumer Protection

Howard County Office on Aging and  
Independence 50+ Centers

Howard County Office on Aging and  
Independence Caregiver Support Program

Howard County Office on Aging  
and Independence Cycle2Health

Howard County Office on Aging  
and Independence Social Day Programs

Howard County Park Rangers

### **Howard County Recreation & Parks**

CONTINUED ON PAGE 10

# VENDORS AND EXHIBITORS

## CONTINUED

Howard County Republican Party

Howard County Smiles\*

IDLife Customized Vitamins

**Johns Hopkins**

**Community Physicians**

Kaiser Permanente Medicare Plus

Kendall Care

Kitchen Saver

Lasting Light Wellness & Young Living

LGBT Older Adults Task Force  
of Howard County

Living Wellness

LuLaRoe Tammy Gentry

Maryland529

Maryland Insurance Administration

Maryland Legal Aid

**Maryland Proton Treatment Center**

Maryland Relay

Maryland Society for Sight

Maryland University of  
Integrative Health

Metropolitan Washington Ear

Mobile Health Care Plus, LLC

Neighbor Ride

One World Healthcare

Optimal Health Solutions

Padder Health Services

Paiges Promotions for Wyndham

Paparazzi/Chanel's Decadence

Patrick Moriarty

Priority Bikes

**Progressive Athletics:**

**In Home Personal Training**

Prudential Advisors

**Pura Vida Med Spa\***

Rejuvenate at Capital Women's Care

Renewal by Andersen

Road Scholar

Rona Martiyan, RD

RSD Financial, LLC

Signature OB/GYN

SolarCity

Stephanie Durruthy, MD

The Massage Boutique

UM School of Nursing

Van Dyke & Bacon Shoes

**Vantage House**

**Williams Asset Management**

## SPONSORS NOT EXHIBITING

**Custom Media Options/  
Her Mind Magazine**

**Maryland Women's Journal**

**Regional Transportation Agency**

Special Beginnings

Birth & Women's Center\*

**The Beacon Newspapers**

**The Business Monthly**

**Wegmans**

Boldface Type denotes 2017 Event Sponsor

\* Spotlight on Women Program Sponsor in partnership with ABC2

## SUPPORTERS and CONTRIBUTORS

- ▶ 1st Choice Chiropractic Center
- ▶ Advanced Hearing Group
- ▶ Anokhee Styles
- ▶ Bell Center for Anxiety and Depression
- ▶ BFabricArt
- ▶ BQuest Beadz
- ▶ Candlelight Concert Society
- ▶ ClearCaptions
- ▶ Clifton Dance Sport
- ▶ Cruise Planners
- ▶ Cultural Links Boutique
- ▶ Family Finance
- ▶ Glenwood Acupuncture & Healing Arts
- ▶ GymGuyz
- ▶ H2O at Home
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- ▶ IDLife Customized Vitamins
- ▶ Lasting Light Wellness & Young Living
- ▶ Maryland Legal Aid
- ▶ Optimal Health Solutions
- ▶ Paparazzi/Chanel's Decadence
- ▶ Progressive Athletics:  
In Home Personal Training
- ▶ Prudential Advisors
- ▶ Pura Vida Med Spa
- ▶ Rejuvenate at Capital Women's Care
- ▶ Signature OB/GYN



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**HUNGRY?**

Save the Date for the  
**19<sup>th</sup> Annual Howard County 50+EXPO!**



**FRIDAY**

**OCTOBER 20**

**9:00 AM to 4:00 PM**

Wilde Lake High School  
5460 Trumpeter Road  
Columbia, MD

**FOR MORE INFO: 410-313-6410**

**[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)**

# Don't Miss the 7<sup>th</sup> Annual

# GLAMOUR

# AT GLENWOOD

Wednesday, June 21 ■ 12 noon - 1:30 pm  
Glenwood 50+Center

2400 Route 97, Cooksville, MD 21723

## Event Highlights

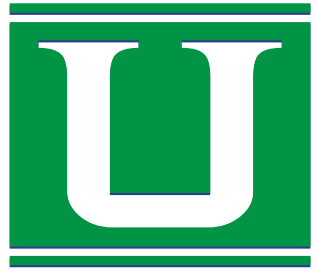
- Blush Bar
- Makeup Artists
- Lipstick Bar
- Door Prizes
- Music
- Modeling
- Favors
- Gourmet Lunch
- Accessories Sale



**Tickets \$18.50**  
**Call 410.313.5440** (voice/relay)

Glenwood50@howardcountymd.gov  
www.glenwoodseniorcenter.org

# Wellness Matters



**MAKING the GRADE with HEALTHY AGING**

**Friday, May 12 ■ 9 am to 2 pm**

**Ellicott City 50+ Fitness Center**

9411 Frederick Road, Ellicott City, MD 21042

## **WELLNESS EVENT HIGHLIGHTS**

- Health Education Experts
- Important Health Screenings
- Fitness Equipment Demonstrations
- Future Planning 101 Seminar
- Lunch and Learn: Nutrition 101

## **FREE ADMISSION!**

Limited Seating ■ Box Lunches Available for Purchase. Reserve lunch no later than Tuesday, May 9 at 410-313-1400 (VOICE/RELAY)

**Enter the raffle for a chance to win a Wellness Gift Basket!**

**[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)**